

Dance: The Language of Movement

Step into the spotlight: Express your creativity through rhythm and movement!

- **Dynamics** describe the quality of movement. How does changing your speed from slow and fluid to sharp and staccato alter the mood of a dance sequence?
- **Spatial awareness** involves understanding your position in relation to others. Why is it vital for a performer to maintain 'personal space' while moving across a 'general space'?
- **Choreography** is the art of designing a sequence. How does using different levels—such as floor work, mid-height, and reaching upwards—add visual interest for an audience?
- A **canon** is a performance technique where dancers perform the same movement one after another. What effect does this create compared to performing in perfect unison?
- **Transitions** are the movements that connect one key pose to another. Why are smooth transitions necessary for a professional-looking performance?

Did you know? Did you know? Before spoken language became our primary way to communicate, early civilisations used rhythmic dance to tell stories, celebrate harvests, and record historical events. Today, dancers use their bodies as instruments to convey complex emotions without saying a single word!

Key vocabulary: Dynamics · Choreography · Spatial Awareness · Unison · Canon · Levels · Tempo · Transition